Title: Neck Stretch

Primary Muscle Groups: Neck &amp; Upper Traps

Secondary Muscle Groups:

Summary: <ol>

<li>Stand tall with your head facing forward.</li>

<li>Lower your left ear to your left shoulder as far as is comfortable.</li>

<li>Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck.</li>

<li>Release the stretch and repeat on the other side.</li>

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